

**Class Descriptions**

**Ballet** - A classical class which includes barre, center floor and across the floor exercises. Emphasis on technique and grace.

**Contemporary** - Combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

**Creative Movement/Pre-Ballet** - Explorations of movement through space, rhythms and songs. Enhance coordination and imagination. An introduction to basic ballet.

**Dance Intensive** - This is a program offered in the Summer which runs for 6 weeks on Tuesdays and Thursdays for ages 8-11.

Classes during this program include Ballet, Modern, Tap, Jazz and Hip Hop. Excellent for students looking for a variety of dance or wanting to try new forms of dance. (Minimum 2 years dance experience required).

**Fundamentals of Dance** - Basic tap, jazz, ballet and tumbling movements.

**Hip Hop** - An expression of individuality that sends you in a direction without boundaries. Allows you to experiment with music and movement adding your own style with a twist of urban.

**Modern Dance** - Students will learn fundamentals of modern dance techniques such as Limón, Horton, Cunningham and Graham. Using some of the basic exercises from these techniques, students will gain strength, flexibility and fluidity of movement.

**Performance Arts Workshop** - Classes include tap, ballet, tumbling, arts and crafts, music and singing. The program is for children ages 3-6. It runs two days a week on Tuesday and Thursday mornings.

**Pilates** - A system of detailed exercises that utilize mind and body to strengthen "core muscles." This results in stronger, longer and more balanced muscles throughout the body. This course is taught by a certified Pilates instructor.

**Stretch & Tone** - All exercise is done to music. This class is designed to work all muscle groups. Resistance work with dynabands and weights included.

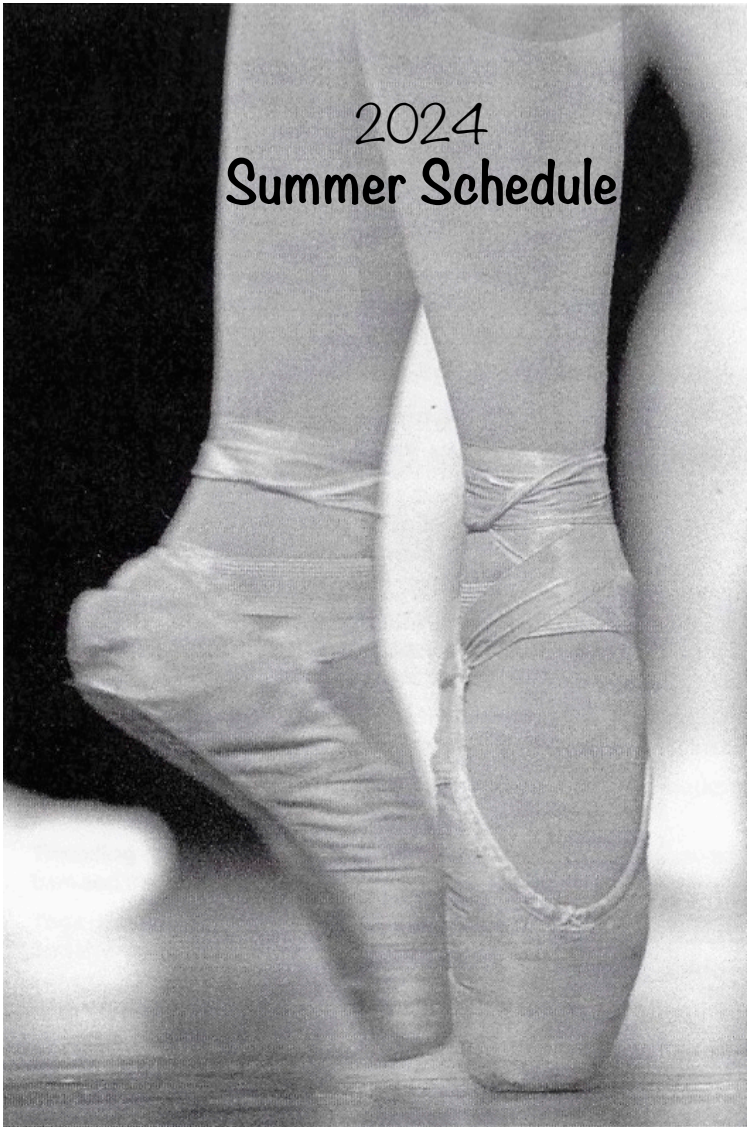
**Tap** - A rhythmic dance form that improves coordination. Technique, traditional steps and routines are given.

**Tumbling & Gym** - Includes warm up, floor work and fitness



*dance & exercise studio*

3590 Netherland Ave.  
Bronx, NY 10463  
Website: [www.michelecompadance.com](http://www.michelecompadance.com)  
Phone #: 718-549-9635  
E-mail: [compamichele@yahoo.com](mailto:compamichele@yahoo.com)



3590 Netherland Ave. Bronx, NY 10463 • 718.549.9635

## 2024 Summer Fees

Summer Session: Wednesday, July 9th - Friday, August 16th  
 Registration/Insurance Fee (*new students*): \$35 per child or \$45 per family

### Children & Teen Individual Class Fees

*Trial classes \$24 (can be deducted from tuition)*

1 class per week	\$145.00
2 classes per week	\$276.00
3 classes per week	\$396.00
4 classes per week	\$505.00

### Summer Program Fees

Performing Arts Workshop ( <i>2days/week</i> )	\$575
Dance Intensive ( <i>2 days/week</i> )	\$575

*See "Class Descriptions" for more information on the Summer Programs*

### Adult Exercise Classes (Includes stretch & tone and pilates)

Single Class	\$20.00
Ten Class Card	\$185.00
Twenty Class Card	\$340.00

\*Both 10 and 20 class cards are valid for 11 weeks only\*

### Adult Dance Classes (*based on 6 week session*)

\$117.00

### Private Classes

1 hour	\$90.00
45 minutes	\$80.00
30 minutes	\$70.00

\*Late fee (more than 10 days late) \$10.00\*

### Ballroom Dance Packages for Special Occasions and Private Lessons

(weddings, sweet 16, bat mitzvah, bar mitzvah, etc.)

5 one-hour classes	\$425.00
10 one-hour classes	\$800.00

### Studio Policy

There will be a \$10 late fee applied to all late payments as well as a \$30 bounced check fee will be applied to any transactions where a check has been bounced. This policy is non-negotiable.

## Summer 2024 Schedule

### Monday

8:00pm-9:00pm Pilates (*Online Only*) Adult

### Tuesday

10:30am-12:15pm Performing Arts Workshop Ages 3-6  
 2:45pm-3:30pm Fundamentals of Dance Ages 3-4  
 3:45pm-4:30pm Tumbling and Gymnastics Ages 3-4  
 3:30pm-4:30pm Tap and Jazz I Ages 5-7  
 4:30pm-5:30pm Tumbling and Gymnastics Ages 5-7  
 5:00pm-7:00pm Dance Intensive Ages 8-11  
 5:30pm-6:30pm Tumbling and Gymnastics Ages 8-10  
 5:00pm-6:00pm Ballet Ages 8-11  
 6:00pm-7:00pm Modern Dance Ages 8-11  
 7:00pm-8:15pm Modern Dance Teen

### Wednesday

10:30am-11:30am Stretch & Tone (*light weights*) Adult  
 11:45am-12:45pm Beginning Tap Adult  
 3:45pm-4:30pm Pre-Ballet Ages 3-4  
 4:30pm-5:30pm Ballet I Ages 5-7  
 6:00pm-7:00pm Ballet Adult  
 7:00pm-8:15pm Ballet Teen

### Thursday

10:30am-12:15pm Performing Arts Workshop Ages 3-6  
 4:15pm-5:00pm Hip Hop Ages 5-7  
 5:00pm-7:00pm Dance Intensive Ages 8-11  
 5:00pm-6:00pm Hip Hop Ages 8-10  
 6:00pm-7:00pm Hip Hop 11-Teen  
 6:00pm-7:00pm Tap and Jazz Ages 8-10  
 7:00pm-8:00pm Hip Hop Adult

### Friday

10:30am-11:30am Stretch & Tone (*dyna-bands*) Adult  
 11:45am-12:45pm Adv. Tap Adult

## Studio Policy

1. There will be a \$10 late fee applied to all late payments as well as a \$40 bounced check fee will be applied to any transactions where a check has been bounced. This policy is non-negotiable.
2. The studio opens fifteen minutes before class begins.
3. Children must be accompanied by an adult in the waiting area at all times. The studio is not responsible for unattended children.
4. Children must be picked up on the studio premises promptly as the class is dismissed. The studio is not responsible for children asked to walk to cars or off the studio premises.
5. A maximum of two make-up classes per child, per semester are allowed. Make-up classes are at the studio's discretion and only if space permits. Make-up classes require an appointment.
6. No refunds. Classes must be taken within the semester. No credit issued towards future semester's.
7. Children are not allowed to attend class when tuition is more than ten days past due.
8. Guests are not permitted. Observers are only allowed on designated observation days.
9. The studio is not responsible for lost Adult class cards. If the student does not bring his/her class card, the class must be paid for individually.



*Register Here!*

If you need help with finding the right class for you, call or email Michele!  
[compamichela@yahoo.com](mailto:compamichela@yahoo.com) or 718-549-9635